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ABSTRACT

This Quinmester course is presented in 135 clock hours of classroom laboratory instruction which are broken down into five blocks of instruction (basic hair shaping, hair shaping for current styles, scalp and hair treatment, development of manipulative skills, and Quinmester posttests). Upon completion of this course, the student will have an understanding of basic hair cutting and shaping, as well as the knowledge of hair structure. The student will be capable of recognizing scalp and hair problems and will have the ability to treat each problem. The guide includes course goals, an outline of specific block objectives, a course outline, and 12-item bibliography. An 18-page appendix of sample Quinmester posttests are offered. (Author/BP)

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AUTHORIZED COURSE OF INSTRUCTION FOR THE QUINMESTER PROGRAM

V-143

Course Outline
COSMETOLOGY 1 - 9205
(Shaping and Conditioning Hair)
Department 48 - Quin 9205.03

CE002994

DADE COUNTY PUBLIC SCHOOLS
DIVISION OF INSTRUCTION-1973

D A D E C O U N T Y P U B L I C S C H O O L S

1 4 5 0 N O R T H E A S T S E C O N D A V E N U E

M I A M I, F L O R I D A 33132

ED 097523

Course Outline

COSMETOLOGY 1 - 9205
(Shaping and Conditioning Hair)

Department 48 - Quin 9205.03

the division of

VOCATIONAL AND ADULT EDUCATION

THE SCHOOL BOARD OF DADE COUNTY

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Dr. E. L. Whigham, Superintendent of Schools
Dade County Public Schools
Miami, Florida 33132

June, 1973

Published by the School Board of Dade County

Course Description

9205	48	9205.03	Shaping and Conditioning Hair
State Category Number	County Dept. Number	County Course Number	Course Title

The student will gain knowledge and acquire the skill of basic hair cutting and shaping and will develop skill in manipulating cutting and shaping tools. The quin will also include the study of scalp and hair structure which includes the recognition of scalp and hair problems and the skill necessary to treat them. Development will be accomplished by performing these skills on each other, mannequin and patrons in a shop-like atmosphere. This is a three quinmester credit course.

Prior to entry into this course, the vocational student will display mastery of the skills indicated in Creative Coiffeurs. (9205.02)

Clock Hours: 135

PREFACE

The third quinmester course is presented to the student in 135 hours of classroom-laboratory instruction.

The content of this course will be covered in five blocks which are further broken down into a number of units.

Upon completion of this quin, the student will have an understanding of basic hair cutting and shaping, as well as the knowledge of hair structure. The student will be capable of recognizing scalp and hair problems and will have the ability to treat each problem.

Further development of these skills will be maintained throughout each quin as the student performs these skills in a shop-like atmosphere on other students, mannequins and patrons.

The individual student will be considered as the teaching methods will vary with each particular situation.

The instructor will use demonstrations to teach a manipulative skill, to be supplemented by laboratory work.

The use of films, slides, charts, information sheets, job sheets and other aids will make the course interesting and meaningful.

The clinic, where student perform these skills on patrons serves as a productive and worthwhile learning tool.

This outline was developed through the cooperative efforts of the instructional and supervisor personnel, the advisory committee and the Vocational Curriculum Materials Service and has been approved by the Dade County Vocational Quinmester Curriculum Committee.

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with Suggested Hourly Breakdown

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Importance of Hair Shaping	1
Adaptation to Shape of the Head	1
Methods Used for Different Hair Texture	1
Definitions of Directional Hair Growth	1
Implements Used in Hair Shaping	1
Use of Implements	2
Preparation of Patron	2
Sectioning for a Basic Cut	2
Terminology Used in Hair Shaping	2
II. HAIR SHAPING FOR CURRENT STYLES (45 Hours)	
Demonstrate Style Cutting	2
Style Cuts Put in a Category	2
Individualized Style Cuts	3
Safety Precautions	3
III. SCALP AND HAIR TREATMENT (20 Hours)	
Hair Structure	3
Disorders of the Scalp	3
Brush Technique for Scientific Brushing	3
Theory of Massage and Application	3
Lotions and Ointments for Scalp Treatments	3
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Conditioning Damaged Hair	4
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GOALS

The cosmetology student must be able to:

1. Discuss the importance of safety while working with the implements used in shaping hair.

2. Recognize various scalp and hair conditions that require treatment given by a cosmetologist.

3. Develop the most efficient method for studying and remembering the techniques for successfully cutting hair in the fashion the patron desires.

4. Discuss the Florida State Cosmetology Laws governing this practice on patrons in a beauty salon.

5. Develop the manipulative skills required in the practice of cosmetology.

SPECIFIC BLOCK OBJECTIVES

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BLOCK I - BASIC HAIR SHAPING

The student will be able to:

1. Demonstrate the correct manipulations in handling the scissors and razor.
2. Determine by analysis of hair which implement to be used on a model when giving a haircut.
3. Explain haircutting terminology.
4. Perform on a patron the proper technique used in preparing the patron for a hair shaping.
5. Demonstrate on a model a basic haircut.
6. List and practice the safety precautions used when using haircutting implements.

BLOCK II - HAIR SHAPING FOR CURRENT STYLES

The student will be able to:

1. Discuss all safety precautions that would be used when engaged in the use of haircutting implements.
2. Determine which implements is to be used when giving a model a style cut.
3. Recognize the various facial characteristics of a model to determine the specific technique to be used in shaping the hair on a model.
4. Determine on a model what hair length is to be used for various facial types.
5. Demonstrate on a model the various methods of style cutting hair.

BLOCK III - SCALP AND HAIR TREATMENT

The student will be able to:

1. Discuss the structure and functions of hair.
2. Define through written tests the disorders of the scalp.
3. List through written tests the benefits of scalp and hair treatments.
4. List and practice the safety precautions used in scalp and hair treatments.
5. Discuss the purpose and benefits of scalp manipulations.
6. Perform satisfactorily on a mannequin or model the brushing techniques for a scientific brushing.
7. Demonstrate on a model scalp manipulations.
8. List through written tests the lotions, ointments and conditioners used in giving a scalp or hair treatment.
9. Demonstrate satisfactorily on a model the use of electrical appliances when giving a scalp or hair treatments.

BLOCK IV - DEVELOPMENT OF MANIPULATIVE SKILLS

The student will be able to:

1. Produce on a model or a mannequin the proper hair style for the various shaped faces.

2. Construct on a model or a mannequin satisfactorily a pattern set using sculpture curls and rollers.
3. Complete satisfactorily on a model or a mannequin a roller set for various style patterns.

BLOCK V - QUINMESTER POST TEST

The student will be able to:

1. Satisfactorily complete the quinmester post-test.

Course Outline

COSMETOLOGY 1 - 9205
(Shaping and Conditioning Hair)

Department 48 - Quin 9205.03

I. BASIC HAIR SHAPING

A. Importance of Hair Shaping
   1. When to shape hair
   2. Why shape hair
   3. How much shaping is required

B. Adaptation to Shape of the Head
   1. Normal oval shape
   2. Receding hair line
   3. Bumpy head formation
   4. Flat head formation

C. Methods Used for Different Hair Textures
   1. Coarse
   2. Medium
   3. Fine
   4. Wiry

D. Definitions of Directional Hair Growth
   1. Hair stream
   2. Whorl
   3. Cowlick

E. Implements Used in Hair Shaping
   1. Scissors
      a. Parts of scissors
      b. Use
      c. Manipulation of scissors
      d. Care
      e. Safety precautions
   2. Hair cutting razor
      a. Parts of razor
      b. Use
      c. Manipulation of razor
      d. Care
      e. Safety precautions
   3. Thinning shears
      a. One blade notched
      b. Two blades notched
      c. Use
      d. Use not recommended
      e. Manipulation of tools
      f. Care
      g. Safety precautions
   4. Clippers

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F. Use of Implements
   1. When each implement is used
   2. Safe handling of sharp implements
   3. Using comb and cutting tool together
   4. Correct technique used in shaping with:
      a. Razor
      b. Scissors
      c. Thinning shears

G. Preparation of Patron
   1. Draping the patron
      a. Sanek strips, towel
      b. Cape
   2. Shampoo patron's hair

H. Sectioning for a Basic Cut
   1. Procedure for a razor cut
      a. Parting of hair correctly
      b. Pinning the hair securely
      c. Correct way to handle comb and razor
      d. Importance of guide line
      e. Cutting and thinning simultaneously
      f. Cutting thin fine hair
      g. Cutting coarse thick hair
   2. Procedure for a scissor cut
      a. Parting of hair correctly
      b. Pinning the hair securely
      c. Correct way to handle scissors and comb
      d. Slithering
      e. Methods of cutting hair with scissors
      f. Types of combs used

I. Terminology Used in Hair Shaping

II. HAIR SHAPING FOR CURRENT STYLES

A. Demonstrate Style Cutting
   1. Blunt cut
      a. Dutch boy
      b. Shag
      c. Gypsy
      d. Page boy
   2. Tapered cut
      a. Pixie
      b. Bubble
      c. Style of the month
      d. Page boy fluff
      e. Fitted neckline

B. Style Cuts Put in a Category
   1. Child
   2. Teenager
   3. Career Girl
   4. Matron

C. Individualized Style Cuts
   1. Theory of style cutting
   2. Evaluation of patron's:
      a. Facial features
      b. Hair length and texture
      c. Height and weight
      d. Reason for cut
      e. Good points

D. Safety Precautions

III. SCALP AND HAIR TREATMENT

A. Hair Structure
   1. Composition of hair
   2. Division of hair
      a. Hair root
      b. Hair shaft
   3. Cross section of hair shaft
      a. Cuticle
      b. Cortex
      c. Medulla
   4. Distribution of hair
      a. Long hair
      b. Short or bristly hair
      c. Lanugo hair
   5. Growth of hair
   6. Function of the arector pili muscles
   7. Function of the sebaceous gland
   8. Process of the replacement of hair

B. Disorders of the Scalp
   1. Scalp diseases
      a. Contagious
      b. Non contagious
   2. Prevention and treatment for scalp diseases

C. Brushing Technique for Scientific Brushing
   1. Sectioning of hair
   2. Brushing technique

D. Theory of Massage and Application
   1. Purpose of massage
      a. Hair loss
      b. Nervousness in patron
      c. Tightness of scalp
      d. Circulation of blood
   2. Demonstrate basic manipulation
   3. Beneficial results to scalp and hair

E. Lotions and Ointments Used for Scalp Treatments
   1. Application
   2. Types

F. Treatments for Dandruff
   1. Patron with oily scalp
   2. Patron with dry scalp
   3. Application of preparation
   4. Sanitation measures for prevention

G. Conditioning Damaged Hair
   1. Purpose of conditioning
   2. Products used
      a. Trade names
      b. Use of each
   3. Application of conditioners
      a. Instant
      b. Heat required

H. Electrical Appliances Used in Treatments
   1. Heat cap
      a. Safety precautions
      b. Benefits
      c. Sanitation
      d. Care
   2. High frequency current
      a. Effects on scalp
      b. Safety precautions
      c. Sanitation
      d. Care
   3. Steamer
      a. Benefits
      b. Safety precautions
      c. Care of equipment

IV. DEVELOPMENT OF MANIPULATIVE SKILLS

A. Fingerwaving

B. Pin Curling

C. Patterns of Hair Design

V. QUINMESTER POST TEST

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A P P E N D I X

Quinmester Post Test Samples

Quinmester Post Test

Name _____ Date _____ Score _____

Shaping and Conditioning Hair

Hair Shaping

Test #1

Read carefully the following statements and fill in the correct word or group of words.

1. A good hair shaping serves as a foundation for a beautiful hair style. In selecting the proper hair style, the cosmetologist should take in to consideration four characteristics of the patron. Name four qualities:

   a. _____

   b. _____

   c. _____

   d. _____

2. List the implements used in hair shaping.

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

Complete the sentences below, pertaining to safety precautions when using hair cutting implements.

3. Discard razor blades should be placed in a _____ container.

4. Use protective guards on razors for _____ own and _____ safety.

5. Scissors should always be extended with the handles _____ the person.

6. Always place razor and scissors in their _____ when not being used.

7. Dull hair shaping implements tend to _____ the hair.

8. Knowing where and how much to thin the hair requires a certain amount of knowledge and skill. What distance from the scalp should thinning be started for each of the following types of hair textures?

   a. Fine Hair _____ inches to _____ inches

   b. Coarse Hair _____ inches to _____ inches

   c. Medium Hair _____ inches to _____ inches

9. Name the areas of the head where the hair should not be thinned.

   a. _____

   b. _____

   c. _____

   d. _____

10. When using a razor, the guard _____ (must or must not) face the cosmetologist.

11. When thinning hair with a razor, the razor must be used _____ on the hair with pressure on the _____ of the razor, not the _____.

12. A French term for slithering is _____.

13. Cutting the hair straight off, without tapering is called _____ cutting.

14. The technical term for split hair ends is _____.

15. Hair should never be thinned near the _____ of the hair strand.

16. The commonly used term for hair cutting in use now is _____ _____.

Quinmester Post Test

Name _____ Date _____ Score _____

Shaping and Conditioning Hair

Hair Shaping Test

Define the following words or group of words with a short answer.

1. Hair shaping

2. Basic Haircut

3. Guideline

4. Guide strand

5. Shingling

6. Thinning

7. Blunt cutting

8. Layer cutting

9. Razor cutting

10. Effilating

11. Tapering

12. Neck trim

13. Nape

Quinmester Post Test

Name _____ Date _____ Score _____

Shaping and Conditioning Hair

In the multiple choice test that follows, there will be only one correct answer. Mark the appropriate answer sheet with your choice of letters a, b, c or d.

1. Tapering the hair and removing length from the hair with scissors is called:

   a. shingling
   b. slithering
   c. feathering
   d. blunt cutting

2. When shaping hair with the razor the hair should be:

   a. towel dried
   b. dripping wet
   c. oily
   d. virgin hair

3. What can be used to correct the "over-tapered" hair?

   a. blunt cut the ends with shears
   b. wash the hair more often
   c. use thinning shears
   d. comb the hair in a different style

4. Hair grows approximately the rate of:

   a. 2 1/2 inches every 3 months
   b. 1/2 inch a month
   c. 1/4 inch every 2 months
   d. 9 inches every year

5. The first "guide" to be cut, when giving a haircut is the:

   a. crown area
   b. car area
   c. nape area
   d. around the face

6. To cut hair the same length with a razor you should:

   a. hold the hair straight down and cut
   b. hold the hair at a 45 degree angle
   c. hold the hair straight up
   d. keep the hair dry

7. The area between the crown area and the nape area is called:

   a. the nape guide
   b. the body area
   c. the crown parting
   d. band and crown

8. To "check" a haircut means to:

   a. observe your work
   b. compare the sides to make sure they are even
   c. check with the patron to see if she likes it
   d. hold the hair ends up and blunt cut any over-tapered ends

9. When cutting wet hair you must remember to:

   a. leave the hair a little longer
   b. keep combing it
   c. hold the hair at a 45 degree angle
   d. blunt cut the ends

10. To remove "bulk" means to:

   a. make the hair shorter
   b. remove some of the density
   c. keep the hair from shrinking
   d. remove length only

11. In tapering coarse hair you would:

   a. taper close to the scalp
   b. taper only with shears
   c. not taper close to the scalp
   d. taper the same as <u>fine</u> hair

12. The correct way to hold a comb while giving a haircut is to place the comb:

   a. between the thumb and forefinger
   b. between the index and middle finger
   c. between your ring finger and "pinky"
   d. in your pocket

13. When slithering the hair with scissors never allow the shears to:

   a. come close to the scalp
   b. close completely
   c. be unsterilized
   d. be completely open

14. The process of shingling is used at the:

a. crown
b. nape
c. body
d. bangs

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15. The purpose of tapering the hair is to:

a. make the hair thicker
b. cut the hair
c. remove the bulk
d. clip the ends

16. Best results are obtained when giving a razor cut when the hair is:

a. long
b. thick
c. clean
d. dirty

17. For a more lasting set and an easier comb-out the hair should be:

a. blunt cut
b. tapered
c. one length
d. naturally curly

18. Texturizing the hair is a term used when:

a. tapering the hair
b. blunt cutting the hair
c. combing tapering and blunting
d. tapering the ends of the hair only

19. When giving a haircut, once the guide line is established, a right handed person will begin cutting the hair:

a. at the top of the head
b. at the left side of nape
c. at the right side of the nape area
d. at the crown area

20. When cutting hair with a razor, the bulk of the hair should always be parted:

a. horizontally
b. straight down
c. at an angle
d. vertically

Quinmester Post Test

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Name _____ Date _____ Score _____

Shaping and Conditioning Hair

Hair and Scalp Disorders

Carefully read the following statements and add the word or group of words to complete the statement.

1. The study of hair is called _____.
2. The chief composition of hair is _____ and _____.
3. The chemical composition of hair is:
   a. _____
   b. _____
   c. _____
   d. _____
   e. _____
4. Full grown hair is divided into two principal parts:
   a. the hair _____
   b. the hair _____
5. The hair _____ is a tube-like depression in the skin or scalp encasing the hair root.
6. New hair develops from the _____.
7. Blood and nerve supplies are found within the _____ _____.
8. The productive organ of hair is the _____.
9. The ducts of the _____ glands are connected to the hair follicle.
10. The structure of hair is composed of cells arranged in three layers:
    a. _____
    b. _____
    c. _____

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11. The cortex contains coloring matter, minute granules called _____ _____ or _____.

12. The medical name for dandruff is _____.

13. Name the two principal types of dandruff:

    a. _____

    b. _____

14. A common, chronic, inflammatory skin disease, with round dry patches covered with coarse, silvery scales is usually _____.

15. Certain ingredients in cosmetics, cold wave lotions, etc., may cause skin infections known as _____ _____.

16. The technical term for any form of hair loss is _____.

Quinmester Post Test

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Name _____ Date _____ Score _____

Shaping and Conditioning Hair

Hair and Scalp Treatment

Read carefully and place the letter of the correct answer on the appropriate answer sheet.

1. When the hair is damaged the cosmetologist should recommend:

   a. a tar shampoo
   b. powder shampoo
   c. corrective treatments
   d. dry liquid shampoo

2. The hair may be reconditioned by use of mild shampoo, hair brushing and:

   a. oil shampoo
   b. dry shampoo
   c. scalp massage
   d. infra-red rays

3. Scalp massage should be given in the following manner:

   a. slowly and without pressure
   b. fast and without pressure
   c. slowly and with firm steady pressure
   d. fast with heavy pressure

4. Protein is considered to be a:

   a. color treatment
   b. cream treatment
   c. hair conditioner
   d. oil treatment

5. When a patron needs a hair or scalp treatment the first thing to consider is:

   a. condition of hair
   b. color of hair
   c. length of hair
   d. curl in hair

6. Bleached hair can be reconditioned by application of:

   a. oil shampoo
   b. a protein treatment
   c. stronger bleach
   d. hair spray

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7. A good treatment to rebuild damaged hair is:

a. filler
b. a protein treatment
c. stronger bleach
d. hair spray

8. Hair porosity is the ability of hair to absorb:

a. sunshine
b. air
c. moisture
d. acid

9. In order to keep hair and scalp in a health condition it is necessary to:

a. shampoo twice a week
b. tint weekly
c. give a dry shampoo
d. give scalp and hair treatments

10. The most effective methods of stimulating the scalp are:

a. electrical current and teasing
b. shampooing and rinsing
c. massage and rinse
d. brushing and manipulations

11. A scalp treatment should not be given for:

a. health hair
b. scalp disorders and disease
c. excessive hair loss
d. parasites present

12. The most common causes of dandruff are:

a. poor blood circulation and uncleanliness of scalp
b. strong shampoo
c. hard water
d. abrasions present

13. Heating caps aid in hair and scalp treatments by:

a. looking professional
b. reconditions dry, brittle and damaged hair
c. cleans the hair
d. soothes the nerves

14. Scalp massage stimulates the:

a. thyroid glands
b. salivary glands
c. blood circulation
d. sweat glands

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15. Head lice are also known as:

a. scabies
b. tinea
c. canities
d. pediculosis capitis

16. Cosmetologists should refuse treatment to a patron with infectious or contagious disease in order to:

a. prevent the spread of disease in the scalp
b. safeguard herself and the health of the public
c. in order to know when to wear rubber gloves
d. recognize disease

17. An essential step in every scalp treatment would be:

a. using the heat lamp
b. cutting the hair
c. brushing of the hair
d. application of astringent

18. A corrective hair treatment corrects the:

a. scalp
b. hair bulb
c. papilla
d. shaft

19. When treating a dry scalp always select scalp preparations containing:

a. mineral oil
b. sulforated oil
c. an alcoholic content
d. emollient materials

20. Excessive oiliness of the scalp can be aided by:

a. no manipulations
b. lifting the scalp as in manipulating
c. conditioners
d. emollient materials

Quinmester Post Test Answer Sheet

Shaping and Conditioning Hair

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Hair Shaping
Test #1

1. a. head shape
   b. facial contour
   c. neckline
   d. hair texture
2. a. scissors
   b. thinning shears
   c. straight razor
   d. razor with guard
   e. cutting comb
3. separate or closed
4. yours, patron's
5. towards
6. cases
7. pull
8. a. 1/2 to 1
   b. 1 1/2 to 2
   c. 1 to 1 1/2
9. a. nape
   b. side of head above ears
   c. facial hairline
   d. part of hair
10. must
11. flat - back - edge
12. effiling
13. blunt
14. trichoptilosis
15. ends
16. hair shaping

Quinmester Post Test Answer Sheet

Shaping and Conditioning Hair

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Hair Shaping

1. B
2. A
3. A
4. B
5. C
6. A
7. B
8. D
9. A
10. B
11. C
12. A
13. B
14. B
15. C
16. C
17. B
18. C
19. D
20. D

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Hair and Scalp Disorders

1. Trichology
2. Protein and keratin
3. a. carbon
   b. hydrogen
   c. sulphur
   d. nitrogen
   e. hydrogen
   f. oxygen
4. root, shaft
5. follicle
6. papilla
7. papilla
8. papilla
9. sebaceous
10. a. cuticle
    b. cortex
    c. medulla
11. melanin, pigment
12. pityriasis
13. pityriasis capitis
    pityriasis steatoides
14. psoriasis
15. dermatitis venenata
16. alopecia

Hair and Scalp Treatment

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1. C
2. C
3. C
4. C
5. A
6. D
7. D
8. C
9. D
10. D
11. D
12. A
13. B
14. C
15. D
16. B
17. C
18. D
19. D
20. B